

**MBT Adherence and Competence Scale – Scoring Template**  
**Rating MBT Group/Individual session**

**Site:**  
**Group/Individual Identification:**

**Name of Rater**  
**Date of Rating:**

**META-DOMAIN: rated across the session**

**Mentalizing Sessional Structure**

Items		F	Items in session contributing to domain				
1	<b>Engagement, warmth</b> (developing an alliance; atmosphere of joint engagement, interpersonal warmth)		<b>Quality</b> +1= joint process, following trajectory -1= one-sided; no agreement on focus; lack of coherence and sensitive authority				
2	<b>Identifying priorities</b> (hierarchy of content; including continuity with previous sessions and significant events)						
2a	<b>Go around in group</b> (define problem areas for discussion)						
3	<b>Identifying focus</b> (synthesis of problems; outcome of the work on priorities; link current problems to formulation)						
3a	<b>Identify problem for each person in group</b> (define central core; generalizing individual problem to group)						
4	<b>Closure</b>						
<b>F</b>	→	<b>Unadjusted Domain Score</b>	<b>+</b>	<b>HOW Quality Score</b>	<b>=</b>	<b>Adjusted Domain Score</b>	<b>ABSENCE Quality score</b>
<b>E</b>	→		<b>-</b>				

**Not Knowing Stance**

Items		F	Quality				
5	<b>Not Knowing Stance</b> (authenticity, genuine interest, humble, appropriate uncertainty and appropriate knowing, open questions, “what”, conversational)		+1= maintenance over time, purposeful; consideration of alternative perspectives -1= lack of focus, fact-finding, “why”, attribute mental states to pt, directive, interpretation				
<b>F</b>	→	<b>Unadjusted Domain Score</b>	<b>+</b>	<b>HOW Quality Score</b>	<b>=</b>	<b>Adjusted Domain Score</b>	<b>ABSENCE Quality score</b>
<b>E</b>	→		<b>-</b>				

**MAJOR DOMAINS: top-down approach; step-by-step rating of the addressed domain**

**Mentalizing Process**  
(within a domain)

Items		F	Items in session contributing to domain				
6	<b>Empathic validation</b> (contingent and marked responsiveness; recognise effect of emotional states)						
6a	<b>Acknowledge positive mentalizing</b> (identification and exploration of benefits)						
6b	<b>Managing arousal levels</b>						
7	<b>Managing form of session</b> (managing flow of exploration; stop and explore; stop and rewind)		<b>Quality</b> +1= time, clarity, joint agreement -1= free association				
8	<b>Contrary moves</b> (rebalancing the focus; mentalizing dimensions; triangulation – alternative perspective)						
9	<b>Parking in group</b> (attentional control; needs are recognized; taking authority)						
<b>F</b>	→	<b>Unadjusted Domain Score</b>	<b>+</b>	<b>HOW Quality Score</b>	<b>=</b>	<b>Adjusted Domain Score</b>	<b>ABSENCE Quality score</b>
<b>E</b>	→		<b>-</b>				

### Nonmentalizing modes

Items		F	Items in session contributing to domain			
10	<b>Psychic equivalence</b> (curiosity; allied area; diversion to trigger mz stability; confusion - contrast perspective)		<i>Absence subtracted directly if one of the modes is not recognized/addressed</i>			
11	<b>Pretend mode</b> (affect-cogn integration; counterintuitive; clinician perplexity; focus on current reality; challenge)		<b>Quality</b> +1= Focal work explicitly on mode, low iatrogenesis e.g. arguing with patient -1= joining with non-mz modes; socratic questioning to invalidate beliefs			
11a	<b>Hypermentalizing</b> (recognize vigilance; probe and challenge over-attribution and groundless inferences)					
12	<b>Teleological function</b> (probe meaning of demand; question teleological demand; challenge external focus)					
F	→	<b>Unadjusted Domain Score</b>	+	<b>HOW Quality Score</b>	=	<b>Adjusted Domain Score</b>
E	→		-			

### Mentalizing affective narrative

Items		F	Items in session contributing to domain			
13	<b>Clarification of affective narrative</b> (exploration in terms of facts, events, emotions – effect and experience)		<b>Quality</b> +1= naming, focus, complexity, link to detail of event, ‘live’ interpersonal recognition -1= repeatedly ask how pt feels			
14	<b>Affect identification</b> (labelling, elaboration, normalizing feelings, differentiate, multi-layer, place in context)					
15	<b>Affect focus</b> (interactional process implicit > explicit; interpersonal affects; elephant in the room)					
16	<b>Affect and interpersonal/significant events</b> (mz functional analysis around interpersonal events; trajet)					
16a	<b>Clarification of interpersonal perspectives in group</b> (identify and contrast personal reactions and affects)					
16b	<b>Interpersonal affect recognition in group</b>					
F	→	<b>Unadjusted Domain Score</b>	+	<b>HOW Quality Score</b>	=	<b>Adjusted Domain Score</b>
E	→		-			

### Relational Mentalizing

Items		F	Items in session contributing to domain			
17	Mentalizing the relationship Pt/Th (validation, exploration, enactment, joint, alternative, reaction)		<b>Quality</b> +1= validation, acceptance of clinician contribution, shared perspective, sensitive relevance -1= countertransference interpretation			
17a	Mentalizing relationships between group members e.g. siding, triangulation)					
18	Mentalizing counterrelationship Pt/Th (marked, sensitive, anticipation)					
18a	Mentalizing counterrelationships between group members					
F	→	<b>Unadjusted Domain Score</b>	+	<b>HOW Quality Score</b>	=	<b>Adjusted Domain Score</b>
E	→		-			

### FINAL ADHERENCE AND COMPETENCE SCORE

Domain total score	:	No of rateable domains	=	Adherence score	+	Absence quality	=	<b>FINAL SCORE</b>
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## MBT Adherence and Competence Scale – Scoring Template - Addendum

### **FREQUENCY (F)**

= Amount of time and attention devoted by the clinician to a particular technical or stylistic intervention  
 ⇒ Scored for each item/intervention

1	2	3	4	5	6	7
Not at all	A little	Infrequently	Somewhat	Quite a bit	Considerable	Extensively

### **EXTENSIVENESS (E)**

= Number of items within the domain; variance in use of the range of items  
 ⇒ Scored within the domain

1	2	3	4	5	6	7
Not at all	A little	Infrequently	Somewhat	Quite a bit	Considerable	Extensively

### **UNADJUSTED DOMAIN SCORE**

= (single) composite raw domain score; overall judgment based on F & E  
 ⇒ Starting point = 4: Practitioner is “adequate” until proven otherwise (“good enough” therapist)  
 ⇒ Adjust above or below the bar based on F & E

9	Not done at all / not rateable					
1	2	3	4	5	6	7
Very poor	poor	acceptable	adequate	good	very good	excellent

### **QUALITY HOW SCORE**

= How intervention is delivered, taking into account frequency, extensiveness, appropriateness, timing and context

!!! Quality/skill level ≠ effectiveness of intervention

-1	-0.5	0	+0.5	+1
Harm/poor	poor	acceptable/adequate	good	excellent

### **ADJUSTED DOMAIN SCORE**

= unadjusted domain score +/- quality how score

9	Not done at all / not rateable					
1	2	3	4	5	6	7
Very poor	poor	acceptable	adequate	good	very good	excellent

### **QUALITY ABSENCE SCORE**

Absence = Interventions/domain not delivered when expected / should be according to the model/manual  
 ⇒ Added/subtracted when calculating final score (Exception: non-mentalizing modes)

-1	-0.5	0	+0.5
Harm	Poor	Acceptable	Marked, active, appropriate avoidance

### **ADHERENCE SCORE**

= Domain total score (sum of scores rateable domains) / number of rateable domains

### **FINAL SCORE**

= Adherence score +/- quality absence score  
 ⇒ An adherence rating of 3.5-4.5 is adherent and competent

1	2	3	4	5	6	7
Very poor	poor	acceptable	adequate	good	very good	excellent